

## **Last chance to take the first step toward gold!**

Today is the last day you can take the wellness assessment online to go for the gold and it's the deadline to send a paper copy by mail.

Taking the wellness assessment is your first step toward earning the lowest possible out of pocket expense level in 2007. More than 9,000 of King County employees the spouses and partners have logged on to take the assessment. If you don't take it, you will pay more in 2007 -- **your deductible will be as high as \$500 per person or \$1,500 per family.**

These deadlines also apply to your spouse or domestic partner if you were planning on covering him/her under the County's medical benefits plan in 2007

You can take the wellness assessment online at **<https://harrishealthtrends.healthmedia.com>**. Once you reach the My HealthMedia Web site, click on "Sign up today" and enter your personal access code to get started.

If you don't have your access code, have questions about the wellness assessment or need assistance, contact the Benefits Retirement and Operations Setion at 206-684-1556 or **[kc.benefits@metrokc.gov](mailto:kc.benefits@metrokc.gov)**.